

Joe C. Montoya Community and Senior Center

Monday's

Senior Stretch
8:30-9:00 a.m.
Qi Gong
10:00—11:00
Lunch-11:00-1:00 p.m.
Bingo
12:30-1:00 p.m.
Bridge
1:00-4:00 p.m.
Sewing Club
1:00-4:00, 1st wk of month
Tai Chi
3:15-4:15 p.m.
Hapkido
4:30-6:00 p.m.
Folk Dance
6:30-8:00 p.m.

Tuesday's

Resistance Training
8:00-9:00
Aerobic/Cardio Class
9:00-10:00
Art & Drawing Class
9:30-11:30
Bridge Lessons
10:00-12:00 p.m.
Lunch
11:00-1:00 p.m.
Bingo
12:30p-1:00 p.m.
Cribbage
12:30-3:00 p.m.
Duplicate Bridge
1:15-5:00 p.m.
Wisdom Seekers
(1st & 3rd each month)
1:30-3:00 p.m.
Bunco
1:30-5:00 4th week
Dancin' Grannies
2:00-4:00 p.m.
Mixed Level Yoga
5:30-6:30
Table Tennis Club
(1st, 2nd, 3rd & 5th week)
5:00-8:00 p.m.
Gypsy Chicks
5:30-7:00

Wednesday's

Senior Stretch
8:30-9:00 a.m.
Basic Therapeutic Yoga
9:00-10:15 a.m.
Healthy Living
9:00-11:30
Chair Yoga
10:45-11:45 a.m.
Lunch
11:00-1:00p.m.
Bingo
12:30-1:00p.m.
Personal & Exploratory
Writing Group
1:30—3:00
Dominos/Scrabble
1:00-4:15 p.m.
Hapkido
4:30-6:00p.m.
Table Tennis Club
5:00-8:00 p.m.

Thursday's

Resistance Training
8:00-9:00
Aerobic/Cardio Class
8:00-9:00
Dancing with Miss Cori
9:30-10:15am
Chair Yoga
10:45-11:45am
Cooking
11:00-12:00 p.m.
3rd week
Lunch 11:00-1:00 p.m.
Bingo
12:30-1:00 p.m.
Bridge
1:00-4:00 p.m.
Dancin' Grannies
2:00-4:00 p.m.
Guitar Lessons
2:00-5:00 p.m.
Gypsy Chicks
5:30-7:00 p.m.
Flagstaff Photography Club
5:30-8:00 p.m.
(3rd & 5th week)

Friday's

Senior Stretch
8:30-9:00 a.m.
Needlework and Craft
10:00-11:30 am
Lunch
11:00-12:00 p.m.
Bingo
12:30-1:00 p.m.
Beginning Spanish
12:45-1:45 p.m.

Weight Room Hours

Ages 55+
Monday & Wednesday
9:30am-8:00pm
Tuesday & Thursday
7:00am-8:00pm
Friday
9:30am-2:00pm
Ages 18-54
Monday-Thursday
12:00pm-8:00pm
Friday
12:00pm-2:00pm
(See reverse for prices)

Center Information

Hours:
Monday– Thursday
7:00a-8:00p
Friday
7:00a-2:00p

Phone
774-1068
Fax
773-3846
Website

<http://www.flagstaffaz.gov/recreation>

Matt Faull
Recreation Supervisor
E-mail mfaull@flagstaffaz.gov
Louis Lucero
Recreation Programmer
E-mail llucero@flagstaffaz.gov



More information on back



Dancin' Grannies**\$10/month**

Join this 50"s + tap dance group, for practice and performances. They are always looking for new dancers. Beginners & advanced welcome. Don't hesitate to join today.

For more information call 607-7488.

T & TH Ongoing 2:00 – 4:00 p.m.

Weight Room Memberships \$97.75/year or \$8.75/month for ages 18-54, \$65.50/year or \$6.00/month for ages 55+.

Begin the road to a healthier, happier and less

stressed you! Weight Room memberships are available.

Orientation is required prior to purchase. "Ask the Instructor," assistance is available upon request.

Wellness Through Weight Training**\$25/month or \$60/3 months**

Personalized weight training offers older adults an opportunity to improve fitness, target problem areas, strengthen their upper bodies, and tone muscles.

M, W & F Ongoing 7:30 – 9:30 a.m.

Senior Stretch**\$1**

Increases flexibility and strengthening muscles, improves balance and much more!

Join instructor Sharron for this great exercise class.

M, W Ongoing 8:30 - 9:00 a.m.

F Ongoing 8:30-9:00 a.m.

Chair Yoga**\$2**

Join Melinda in exploring the endless benefits of chair yoga.

For more information please contact Melinda at 928-527-8604.

W & TH Ongoing 10:45 – 11:45 drop- in \$3

Mixed Levels Gentle Iyengar Hatha Yoga**\$10/class or \$36/4 classes or \$64/8 classes**

Gentle Iyengar Hatha Yoga with good body alignment. Call Melinda at 928-527-8604.

T Ongoing 5:30-6:30 p.m. \$13.00 drop-in 13+

Basic Therapeutic Yoga**\$13/drop-in**

Gentle Iyengar Hatha Yoga with good body alignment, core strength building and safety techniques taught in each class. Contact Melinda at 928-527-8604.

W Ongoing 9:00 – 10:15 a.m. 16+

Tai Chi**\$20/month**

Create mental and physical balance in your life with the ancient art of T'ai Chi Ch'uan. Call instructor James Brand, 637-3149, for more information or to register. First class is FREE!

M Ongoing 3:15 pm-4:15 pm. 16+

Folk Dance**Free**

Learn a variety of folk dances from around the world! This volunteer run group also offers you the opportunity to teach your favorite dance!

M 1, 2, & 3 weeks/mo 6:30 – 8:00 p.m. 16+

Art & Drawing Class**\$47.95/session**

When you have finished the projects in this class, you'll be able to express yourself as an artist. Instructor Dee Brewer, 286-9088.

T Ongoing 9:30a-11:30a

Beginning Bridge**\$20/One-time fee**

Learn the basics of this world wide game in a fun and relaxing environment.

T 10:00 a.m. – 12:00 p.m.

Seniors without Partners/Bunco Buddies Free

Come and join a group of friendly people to play Bunco and join the group at a different restaurant once each month.

New members welcome. For information call Marlene 773-0438.

T 4th week/month 1:30 p.m. 55+

Qi Gong

Moving meditation focusing on breathing.

M Ongoing 10:00—11:00

Call Rose Adams 928-699-9308

Wisdom Seekers/Book Discussion

Wisdom Seekers is a group dedicated to conscious living

Call Barbara Shovers at 480-612-2461

T 1st & 3rd each month 1:30—3:00

Personal & Exploratory Writing Group

Call Barb Shovers for details 480-612-2461

W Ongoing 1:30—3:00 p.m. Free

Table Tennis Club**Free**

For more information on this exciting new group please call Jack Welch at 714-0504

T 1st, 2nd, 3rd & 5th weeks 5:00-8:00pm

W Ongoing 5:00-8:00pm

Guitar with Marc

Learn Fingerstyle, rhythm, lead and theory fundamentals.

Contact Marc Worthington 505-614-6706

\$6/class, \$30/5 classes, \$4 materials 16+ yrs.

Th Ongoing 2:00—3:00 & 3:00—4:00 p.m. 4:00- 5:00 p.m.

Needlework and Crafting Classes

Variety of projects in different areas of needlework and craft. Participate in class projects as well as receiving help from knowledgeable instructors on your own projects.

Contact instructor for fees. Martha Murphy 928-774-7773

F Ongoing 10:00-111000577

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:30am

Dancin with Miss Cori

Creative dance and technique classes to enhance motorskill s children ages 2-5 through various music techiques. Cori (530)680-2018

Th Ongoing 9:30am-10:15am

ONGOING & FREE Programs!

Book Exchange Ongoing

Beginning Spanish F 12:45 p.m-1:45 p.m.

Billiards 18+ Ongoing

Contract/Party Bridge M & TH 1:00 p.m.

Cribbage T 1:00 p.m.

Duplicate Bridge T 1:15 p.m.

Pinochle M 1:00 p.m.

Scrabble W 1:00 p.m.

Mexican Train Dominos W 1:00p.m.

County Lunch Program**\$4**

Donation

Lunch is served daily Monday thru Friday at noon.

For more information or to make reservations contact Cathy Brown, Coconino County Community Services at 774-2606

M – F Ongoing 12:00 p.m. 60+